



LivingWell
HEALTH CLUBS

Personalised fitness for life

Treatment Menu

Treatments

Length (minutes)

Price

Harmonising Massages

Swedish Full Body Massage

60

1 900 CZK

Destress & Relax Massage

60

1 900 CZK

Deep Muscular Massage

60

2 100 CZK

Back & Shoulders Massage

30

1 300 CZK

Oriental Massage

75

2 400 CZK

Wild Mint Foot Massage

30

1 100 CZK

Romantic Couple Massage

60

3 800 CZK

Prenatal Massage

60

1 800 CZK

Signature Treatments

Imperial Treatment

90

3 000 CZK

Aromatherapy

60

1 900 CZK

Hot Stone Therapy

60

2 300 CZK

Six Senses

90

2 700 CZK

Relaxing Ayurveda

60

2 100 CZK

Relaxing Ayurveda

90

2 500 CZK

Peelings & Wraps

Dead Sea Treatment

75

2 300 CZK

Coconut Peeling

30

1 200 CZK

Treatment Menu - Harmonising Massages

Swedish Full Body Massage

A Scandinavian massage, originally developed as a magic cure against the cold, northern weather, relaxes your muscles with silky oils and improves your body's metabolism and blood circulation.

Destress & Relax Massage

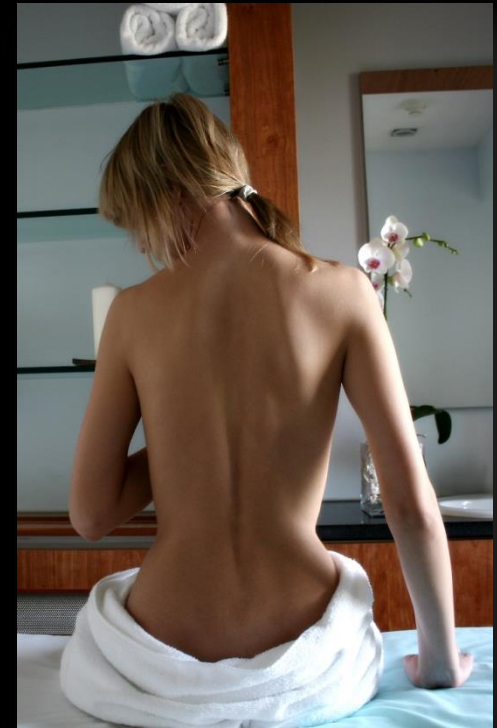
Our de-stress massage focuses on parts of the body stress affects the most – upper back, neck, shoulders and head. The warm sesame oil used for the therapy is enriched with essential oils selected especially for their soothing and relaxing effect. The de-stress therapy includes a calming hand and palm massage as well as an earlobe massage ensuring complete relaxation and harmony of your mind and body.

Deep Muscular Massage

The deep muscular massage targets your body's deepest layers of muscles in overstressed areas. Muscle tension or knots are released by the application of specialized massage techniques and intense pressure.

Back & Shoulders Massage

This soothing and relaxing massage focuses on the muscles of neck, shoulders and back, areas where most of stress and tension are held.



Treatment Menu - Harmonising Massages

Oriental Massage

Two different methods of massage intertwine and suggest the best of both worlds. The secrets of the classic Swedish massage are revealed one by one, together with the special qualities of the traditional Japanese massage. Revel in the gentle oils smoothed on the body during this rare experience.

Wild Mint Foot Massage

Based on foot reflexology, this light and refreshing massage stimulates the skin from the toes to the knees. The aromatic mint gel provides a sensation of pleasant coolness and makes it the ideal treatment for the relaxation of tired legs.

Romantic Couple Massage

Enjoy this unforgettable massage together with your partner. You will be pampered by two massage therapists who will use the best of their skills during this delightful massage. You start with a soft massage caressed by a soft body lotion by Darphin Paris and finish with an exquisite head massage that releases dynamic energies throughout the body. An enchanting moment to share!

Prenatal Massage

Alleviates the negative effects of pregnancy treatment: headaches, and pains in the neck, back and haunches. At the same time it has a positive effect on swelling and strains in the legs and contributes to the improved psychological comfort of a mother-to-be and to the harmonious development of the baby. (The treatment is undertaken from the 13th week into pregnancy by carefully trained therapists).



Treatment Menu - Signature Treatments

Imperial Treatment

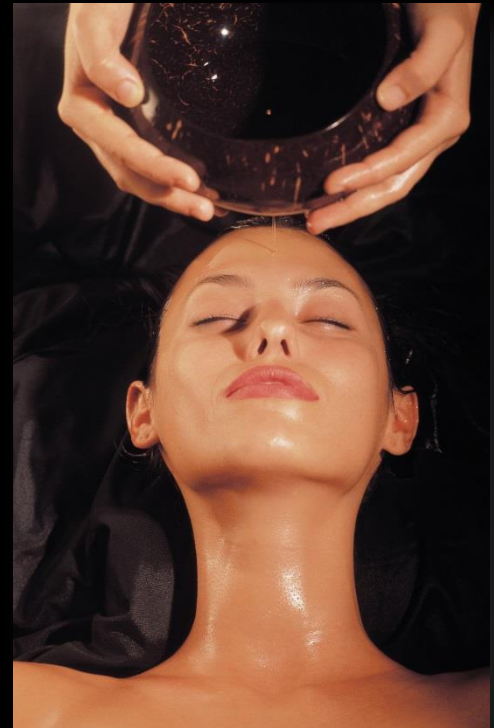
Set off on a journey full of sensual pleasure and enter the world of deep relaxation. Three secret recipes of three cultures are waiting to be discovered and experienced one by one. The first is a Mediterranean body peeling based on a mixture of seaweed, black sugar, lotus extract and essential oils. The second secret comes from India, the home of Ayurveda. An invigorating balm made according to the formula of Indian yogis is applied on selected parts of the body. A massage combining Ayurveda with elements of Asian massage follows, providing treatment that releases tension, eliminates stress and replenishes your energy. A gentle wrap taken from the Chinese recipe will leave your skin feeling and looking incredibly smooth and radiant and completes this unique experience.

Aromatherapy

During this relaxing treatment soft oil or body lotion and a mixture of rich aromatic oils caress the body and slowly enhance an energetic feeling of power and vitality felt by each muscle. A soothing path to relaxation, strengthening body systems and nurturing the skin.

Hot Stone Therapy

This treatment is based on an application of thermotherapy through the use of hot basalt stones and frozen hand craved marble stones on the body. The stones take massage to a new level; the treatment quickly offers deep relaxation and brings balance to the mind, body and soul. It relieves aches, pain and muscle spasm, and the treatment also increases blood circulation and metabolism.



Treatment Menu - Signature Treatments

Six Senses

Six Senses will take you on a journey through Swedish, Chinese and Hawaiian massage cultures and slowly and gently ease your worries and stress away. Varied infinite long strokes blend with an intensive pressure massage to take you to an entirely different level. Finally, the secret power of a hot stone massage - the flawless smooth surfaces of the stones pour warmth and energy into your body, massage your neck and gently soothe your head and face. Experience the magic of this sensational massage and indulge your senses.

Relaxing Ayurveda

A legendary Indian treatment with unique movements creating a relaxing aura. The gentle massage creates waves of peaceful sensation flowing and relaxing weary muscles. Warm drops of sesame oil anoint your forehead before your face and head are treated to a stimulating massage. A new sense of peace and tranquillity are bestowed within.



Treatment Menu - Peelings & Wraps

Dead Sea Treatment

A perfect combination of four treatments: A stimulating body exfoliation with salts gently removes dead cells; a mud wrap moistens the skin, purifies and provides a lingering softness; a head massage heightens the senses, followed by a light, aromatic massage to calm and soothe the body to stimulate the blood circulation and improve the metabolism.

Coconut Peeling

Our coconut peeling is renowned for its skin nourishing qualities, leaving it wonderfully soft, elastic and shiny. Enjoy this refreshing journey that will soothe your senses.

