



# MASSAGES

EXTENSION 326

## **MASSAGE TREATMENTS**

### **Apollo Signature Massage**

45 mins CZK 1950 | 60 mins CZK 2350 | 90 mins 2850

Extraordinary massage assembled to fit your body and your needs. It is a combination of the best techniques and grasps, that our therapist can offer. An unforgettable experience for your senses by using not only, warm oils and aroma oils, but also silk scarves for serene enjoyment

### **Deep Tissue Massage**

45 mins CZK 1950 | 60 mins CZK 2350 | 90 mins | CZK 2850

With a deep tissue massage, your therapist applies slow, firm pressure to release muscle tension. The focus is on the deepest layers of muscle tissue and tendons and the pressure will generally be more intense and concentrated on areas of tension and pain

### **Hawaiian Lomi Lomi Massage**

45 mins CZK 1800 | 60 mins CZK 2250 | 90 mins CZK 2750

Hawaiian massage is an incredibly serene experience. This massage technique involves continuous, rhythmic motion using fingers, palms, forearms and elbows. This technique removes a large number of physical blockages and re-harmonizes the body

### **Relaxation Massage**

45 mins CZK 1800 | 60 mins CZK 2250 | 90 mins CZK 2750

Relaxation massage treatment uses light pressure and flowing strokes for a calming, soothing experience. Your therapist might also treat your head, face and neck for full-body relaxation. It's an effective way to de-stress and relax the mind and body

### **Swedish Massage**

45 mins CZK 1800 | 60 mins CZK 2250 | CZK 2750

Swedish massage is sometimes called a classic massage. The technique aims to promote relaxation by releasing muscle tension. Depending on your preferences, you can ask your massage therapist to use light, medium, or firm pressure

### **Hot Lava Stones Massage**

60 mins CZK 2550 | 90 mins CZK 3050

The massage represents a deeper type of massage using comforting warm lava stones. It stimulates blood circulation and the lymphatic system, warms up and helps to detoxify the body. Massage using hot lava stones will instill a deep level of calmness while relaxing tight muscles, removing blockages and dissolving stress

### **Foot Massage add-on**

30 mins CZK 1500

Foot massage involves a range of techniques, each used to decrease pain, relieve tension and improve circulation. It helps to induce deep relaxation and involves the application of focused pressure on the foot. A foot massage can help to relax the whole body

# HOW TO SPA

Your sublime escape from the everyday awaits. Please arrive 15 minutes earlier for your appointment to fill in a consultation form. Use of the indoor pool and sauna is included in your treatment price, and the total advertised time includes pre- and post-treatment consultation

In the event you need to cancel, please inform us at least four hours prior to your booked time to avoid a 50% charge, the full amount will be charged in the event of a no-show

