

# MASSAGE

At the Mövenpick Hotel

## **Holistic Massage**

Our most popular treatment designed to promote relaxation, improve circulation, relieve muscle tension and reduce stress. This type of bodywork can be experienced in a lighter or stronger style depending on the individual's preference. It's a very effective treatment for a jet lag.

## **Reflexology**

This foot massage is a skilful manipulation on specific pressure points on the feet to improve circulation in the body, reduce stress, ease pain and release blockages. Reflexology can be extremely relaxing!

## **Deep Tissue Massage / Swedish Massage**

These western techniques use pressure and slow strokes that run along the muscles and is concentrated on certain areas for maximum benefits according to specific needs or requests.

## **Lymphatic Drainage (body and face)**

It eliminates excessive liquids and toxins from the tissues, using light strokes through the lymphatic system. It is a wonderful solution for a swelling or a sensation of heaviness in the body or lack of energy.

Any of the above massages cost **€ 85 per hour**.



Please note:

- All massages are € 85 per hour based on availability.
- There is a surcharge of 50% from 10 pm till 9 am and with Christmas and New Years Eve
- If you need to cancel or change your appointment, please do so at least 2 hours in advance. Late cancellations will be charged 100%.

**To make a reservation, please contact the reception.**