

## WRAPS (30 minutes)

- **Partial paraffin wrap**

(improves blood circulation and warms up before a massage)

- Lavender
- Hemen
- Herbal-Ayurvedic
- Coconut
- Lemon balm
- Chocolate

- **Partial peaty wrap** (relaxes muscles and removes the pain) **350 Kč**

- Provides pleasant warmth and quick pain relief.
- Used for back pain, joint pain, arthrosis and rheumatism.
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## PARAFIN HAND WRAP AND HAND MASSAGE

Paraffin wraps are a procedure that combines health and aesthetic effects. They have a beneficial effect on the nervous system and provide protection for the small joints, improving the condition of the joints during arthrosis. The heat improves the blood flow to the skin and has a positive effect on improving the regeneration of muscle spasms. The hands are very well rested after the wrap, which also leads to a high cosmetic effect leaving your hands smooth and velvety.

**Price for 30 minutes: 290 Kč**

## Package „LIGHT LEGS“

Foot care improves blood and lymphatic circulation, relieves stress, relieves foot fatigue, pain and tension, which induces a feeling of inner peace and harmony.

- Relaxing herbal bath - relaxing and refreshing bath cools pleasantly while softens and moisturises the skin. It soothes and refreshes tired feet, protects them from excessive sweating, burning and mold.
- Peeling of legs with citrus salt - the fine crystals of the peeling salt remove the remnants of dead skin and at the same time lightly massage. Refreshing citrus add new energy and stimulate the mind, add freshness and vitality. The result will be smooth and silky skin.
- Relaxing foot massage - improves blood and lymphatic circulation, relieves stress, relieves pain and tension of legs. This almost miraculous massage evokes a feeling of inner peace and harmony.

**Price for 55 minutes: 890 Kč**

## BODY TREATMENT

### Rituál Spa – SPORT

This spa treatment is a complex ritual which leads to vital relaxation not only for men. This treatment is suitable after sport and as preparation for sports performance.

#### 1. step

Soft aromatic ice scrub with a mint is composed from brown sugar, salt and Mediterranean essential oils. This scrub purifies the skin, releases deep-seated toxins and removes dead cells. The skin becomes like velvet.

#### 2. step

Intensive mountain bath is composed from 7 herbs. Treat yourself to a relaxing sensation with a bath which has a musky scent and brings real pleasure (20 minutes).

#### 3. step

Aromatic full-body sport massage by nature bio oil with aromatic oil of your choice (50 minutes).

Price for 90 minutes: 1 350 Kč

## Rituál Spa - CLEOPATRA

This spa ritual will take you on a journey of relaxation and release. This journey takes place in 4 steps, during which you indulge in exotic scents and enjoy the whole spa ritual to the maximum, which awakens all 5 senses in you and takes you to another world.

### 1. step

The spa ritual begins with a honey scrub which remove toxins from your skin. Your skin becomes soft, smooth and prepared for next treatment.

### 2. step

The journey continues with aromatic Cleopatra bath which fragrant your body and soul with scent of rose. Your mind is detached from all the worries and will be absorbed in the endless release.

### 3. step

This is followed by a relaxing and unwind full body massage born from Polynesian culture. This traditional massage is slow-paced, yet works deep into the muscles and mind.

### 4. step

The journey ends with application of body butter from Siberian Rose on whole your body, leaving the body cleansed, hydrated and relaxed.

Price for 90 minutes: 1 350 Kč

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## The relaxing bath

Thanks to the high proportion of essential oils, the bath will give you a unique relaxing experience that will enrich your body and senses.

- **Eucalyptus** – has an anti-inflammatory effect - influenza, sinusitis, rheumatism
- **Anti – stress with melissa** – indian lemon balm oil soothes and relaxes the whole body and mind, fists the skin, helps with migraine, removes problems with falling asleep
- **Peat** – regenerative bath, affects body and mind. Active substances and minerals relax muscles and tissues, promote regeneration and healing
- **Juniper** – relaxing bath with a positive effect on blood supply to skin, muscles and joints
- **Levander** – harmonizing bath that helps with depression, promotes restful sleep and helps relieve mental stress and tension
- **Mountain** – bath from 7 herbs (lavender, mint, chamomile, nettle, thyme, hay flowers, sage) strengthens and stimulates human organismus, promotes mobility and regeneration of muscles
- **Chamomile** – a chamomile oil bath soothes, protects and cares for irritated skin.
- **Cleopatra bath from roses** – special oil from wild roses in combination with real whey from alpine milk will evoke a soothing and relaxing experience, which even the queen of Egypt Cleopatra indulged in
- **Cleopatra bath orange** – special oil from oranges ripened in the sun in combination with true whey from alpine milk has an antidepressant effect, refreshes and invigorates the mind, improves skin condition, removes its fading and is effective in combating cellulite
- **Cleopatra bath coconut** – Exclusive coconut oil combined with real alpine milk whey relieves everyday stress
- **Whey** - Anti-inflammatory effects on the skin - acne, eczema
  - Tightens, blood circulation and smoothes the skin
  - Suitable for the treatment of psoriasis

Price for 20 minutes: 300 Kč

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## MASSAGES

### Partial Massage (shoulders, nape, back)

- Classic sports massage
- Anti – stress massage with aroma oils

Price for 25 minutes: 450 Kč

### Total Massage (back, shoulders, nape, legs)

- Classic sports massage
- Anti – stress massage with aroma oils

Price for 50 minutes: 800 Kč

### Havana rum Massage

Nourishing oils in combination with Cuban rum greatly improve blood circulation to tense muscles and release accumulated stress. Before the massage begins a cup of Cuban rum awaits you to warm up the body.

Price for 50 minutes: 850 Kč

### RELAXATION MASSAGE WITH LAVA STONES

Relaxation induced by massage strokes, rythm and the power of the stones. The strokes are slow, balanced, and spiral wave-like which induces total relaxation and perhaps even a lightly hypnotic, uplifting trance.

Price for 50 minutes: 950 Kč  
30 minutes: 550 Kč

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## MASAGE WITH AROMATIC CANDLE

- A relaxing massage with a special massage candle, which illuminates the space to distract the fragrance of the far ocean. After wax dissolving, we have a warm, luxurious massage product.
- Massage candles with aroma and green tea effect
- Massage candles with aroma of jasmine
- Massage candles with the aroma of an exotic ocean

Price for 30 minutes: 490 Kč  
50 minutes: 850 Kč

## INDIAN ANTISTRES MASSAGE

Indian massage 100% aromatic massage oil BALANCE focuses on relaxing the muscles of the shoulders, neck, head and face. It is referred to as anti-stress because it relieves head and eye pain, relieves movement of the shoulders and neck, improves blood flow and helps lymph flow. Massage supports hair growth and improves their quality. Oil contains a balanced blend of orange and mandarin oil in conjunction with ylang-ylang, cedar wood and vanilla, soothing and harmonizing body and mind.

Price for 25 minutes: 450 Kč

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## COFFE RELAXATION

Coffee relaxation consists of the following procedures:

### 1. Coffee peel - "BODY BE SCRUB" (15 minutes)

- a blend of coffee beans with highly hydrating oils. - Cofein - Stimulates blood circulation, improves cellulite, removes eczema and stretch marks - Cane sugar and Himalayan salt will remove the dead cells - Coconut oil - moisturizes and softens - Cocoa and Vitamin E - have a high antioxidant content that nourishes and protects the skin, promotes cell renewal and rejuvenation.

### 2. Cleopatra coconut bath (20 minutes)

- the combination of quality natural oils and coconut oil will bring you a soothing and relaxing experience full of stimulating scents. Your skin will become healthier and refreshed after bathing, and your body and soul will be rid of everyday stress.

### 3. Total massage with coconut oil (50 minut)

- which has a top nurturing effect on the skin, which hydrates and softens. The exotic scent of coconut will carry you to the waves of the Caribbean under the worries of everyday life.

### 4. Final relaxation with a cup of coffee

**Price for 90 minutes: 1.350 Kč**

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## CHOCOLATE RELAXATION

Chocolate relaxation consists of the following procedures:

**1. Almond peeling**

- a mixture of sweet almonds, jojoba oil, shea butter and vitamin E removes the ragged skin and prepares it for further care

**2. Chocolate total massage (50 minutes)**

- the most relaxing, the most sensitive and the most sensible massage - exceptional remedy against stress mood, chocolate massage stimulates the production of endorin and serotonin

**3. Cleopatra coconut bath (20 minutes)**

- a combination of high-quality natural oils and coconut oil will bring you a soothing and relaxing experience full of encouraging scents - your skin will look healthier and fresh after the bath and your body and soul will be relieved of daily stress

**4. Final relaxation** with a piece of real chocolate

**Price for 90 minutes: 1 350 Kč**

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## TREATMENT WITH THALGO COSMETICS

### THALGO EXFOLIATION RITUAL

Body treatment with peeling removes dead cells from the skin of the whole body. The ritual is ideal before a holiday and before applying sunscreen products.

#### 1. Body wrap with natural sea mud

- Nourishing and hydrating sea mud and sea salt wrap.

#### 2. Exfoliation (peeling) of the whole body using salt and mud

- Removal of dead skin cells, which becomes soft and delicate, ready for further treatment.

#### 3. Relaxation massage of the whole body

- Relaxing aromatic massage of the whole body.

Price for 90 minutes: 1 350 Kč

## THALGO RITUAL INDOCEANE

The relaxing SPA treatment represents a journey by the sea, where the scents and colors of the Orient mix with marine treasures. This beautiful ritual will take you on a discovery journey to a new kind of relaxation that will fill your body and mind with an indescribable feeling of peace and inner strength.

### 1. Body peeling

- Sugar - salty body scrub with sea salt, cane sugar and essential oils will give the skin a beautiful satin look.

### 2. A relaxing bath

- Milk effervescent bath with a powdery scent for complete relaxation of body and mind, removing tension and restoring the softness of the skin.

### 3. Relaxation massage of the whole body

- Relaxing aromatic massage of the whole body with a luxurious cocktail of relaxing oils (sandalwood, cedar, patchouli).

### 4. Gentle body wrap

- Rich and nourishing cream, silky to the touch. The body wrap is enriched with rice germ oil, sacred lotus and QiMarine algae with anti-stress effects.

Price for 120 minutes: 1 550 Kč

## THE THALGO RITUAL OF POLYNESIA

The Polynesian SPA ritual will take you on an exotic journey of discovering French Polynesia. It is a journey of maximum relaxation and sensuality with the scent of vanilla and coconut.

### 1. Body peeling

- Exotic island body scrub with the scent of vanilla and coconut according to a traditional Polynesian recipe.

### 2. A relaxing bath

- The lagoon bath provides extreme and endless relaxation thanks to effervescent bath tablets.

### 3. Relaxation massage of the whole body

- The traditional Polynesian Mahana massage is slow and works deep into the muscles. Traditional Monoï oil and Tuiponos massage bags are used.

### 4. Application of sacred oil

- On a cleansed, hydrated and relaxed body, we apply sacred oil, which leaves a delicate shimmer on the skin.

Price for 120 minutes: 1 550 Kč

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## INTENSIVE HYDRATION THALGO RITUAL

Hydrating skin treatment suitable for every woman looking for a comprehensive treatment to restore optimal skin hydration. After the treatment, the skin is nourished and replenished from the inside, the skin shines with beauty. The treatment is suitable for all skin types.

### 1. Removing make-up and cleansing the skin

- Gentle make-up removal and gentle cleansing of the skin, including manual peeling, which smooths and restores the skin's radiance.

### 2. Skin regeneration with sea mist

- Application of water enriched with marine active substances, which hydrates the skin, activates cell renewal and gives the skin energy.

### 3. Skin correction

- Application of ampoule with concentrate for absolute hydration.

### 4. Face, neck and décolleté massage

- Massage with a gentle remineralizing massage cream that contains macadamia oil and raspberry seed oil.

### 5. Application of an ultra-hydrating mask

- A mask for intensive hydration and a healthy brightened skin appearance.

### 6. Final treatment

- Application of gel cream for 24-hour hydration.

Price for 60 minutes: 990 Kč

## NOURISHING THALGO RITUAL

Professional treatment for dry and sensitive skin effectively restores and protects the lipids of dry skin.

### 1. Removing make-up and cleansing of the skin

- Gentle make-up removal and gentle cleansing of the skin, including manual peeling, which smooths and restores the skin's radiance.

### 2. Skin regeneration with sea mist

- Application of water enriched with marine active substances, which hydrates the skin, activates cell renewal and gives the skin energy.

### 3. Skin correction

- Application of an ampoule with a multi-soothing concentrate to the entire face and neck with a light massage.

### 4. Face, neck and décolleté massage

- Massage with a gentle massage cream Oligo - Marine, which contains macadamia oil and raspberry seed oil.

### 5. Application of deeply nourishing mask

- A mask for intensive skin nourishment containing borage oil and organic white lupine, which restores the skin's protective barrier.

### 6. Final treatment

- Application of a rich nourishing soothing cream that replenishes lipids for 24 hours. The cream effectively soothes and restores dry and sensitive skin.

Price for 60 minutes: 990 Kč

## THALGO BODY RITUAL FOR REMOVING CELLULITE AND TIGHTENING THE SKIN

The professional THALGO treatment procedure is based on a new and unique massage technique that acts on 2 types of fat responsible for orange skin, unwanted curves and sagging skin.

### 1. Preparatory slimming peeling

- It removes imperfections and softens the skin. At the same time, it prepares the skin to receive active substances.

### 2. Special massage (20 minutes)

- A special massage of the lower half of the body with a slimming concentrate that, thanks to oxytechology, optimizes the body which leads to slimming and firming results.

### 3. Firm gel wrap

- It increases the elasticity of the skin, restores the firmness of the epidermis and shapes the figure.

### 4. Complete cellulite corrector

- Fresh cream, which contains red algae and sandalwood seeds acting on all types of cellulite leaving the skin feeling soothed.

Price for 60 minutes: 1 200 Kč

SPA & RELAX CENTRUM

## MOISTURIZING SKIN THALGO RITUAL WITH 3 DIFFERENT TYPES OF SEAWEED

Seaweed is a storehouse of nutrients necessary for the balance of the vital functions of the human body. Algae have stimulating, disabling, hydrating, balancing, detoxifying and remineralizing effects. Thalgo seaweed is pumped off the coast of Bretagne in its pure form without the presence of undesirable substances.

### 1. Removing make-up and cleansing the skin

- Gentle make-up removal and gentle cleansing of the skin, including manual peeling with sea crystals.

### 2. Skin regeneration with sea mist

- Application of water enriched with marine active substances, which hydrates the skin, activates cell renewal and gives the skin energy.

### 3. Application of Plasmalg gel

- Plasmalg gel for revitalisation and restoration of balance is a true beauty secret. It supports the perfect absorption of marine active substances. It cleans problematic skin, promotes healing, replenishes minerals, tones and detoxifies. It contains alginates, which soften and hydrate the skin.

### 4. Application of a mask from 3 different types of seaweed

- The mask is a combination of 3 algae with complementary properties, it is rich in minerals trace elements and marine micronutrients. The mask is unmistakable for its remineralising, protective, energizing and strengthening effects.

### 5. Final Treatment

- Application of gel cream for 24-hour hydration and eye cream.

Price for 60 minutes: 1 200 Kč

SPA & RELAX CENTRUM

## BODY THALGO RITUAL WITH 3 DIFFERENT SEAWEEDS

Seaweed is a storehouse of nutrients necessary for the balance of the vital functions of the human body. Algae have stimulating, disabling, hydrating, balancing, detoxifying and remineralizing effects. Thalgo seaweed is pumped off the coast of Bretagne in its pure form without the presence of undesirable substances.

### 1. Sea peeling

- The body scrub combines micronized seaweed extract, cellulose granules and bamboo to exfoliate and soothe the skin while supplying minerals and trace elements essential for your skin's vitality. The skin becomes soft, supple and brightened.

### 2. Seaweed wrap with 3 algae

- Body wrap combining Plasmag gel and micronized seaweed to nourish and strengthen with 54 active ingredients. The skin all over your body will become detoxified, stimulated and revitalized.

Price for 45 minutes: 890 Kč

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## BODY THALGO ARTIQUE RITUAL

The extraordinary spa ritual Miraculous Arctic will send you to a world as white as snow. Relaxing heat alternates with invigorating cold, bringing absolute relaxation. The basis of thermotherapeutic body treatment is the Scandinavian healing culture. It will bring you an absolute feeling of relaxation thanks to the perfect alchemy of alternating soothing heat with invigorating cold.

### 1. Relaxing bath (20 minutes)

- A relaxing crystal bath containing boreal algae from the deep oceans at the gateway of the Arctic Circle.

### 2. Revitalizing peeling (30 minutes)

- A snow-white revitalizing scrub with salt microflakes cleans the skin and leaves it wonderfully soft and velvety.

### 3. Relaxing arctic massage (50 minutes)

- Exclusive massage with relaxation flasks, which combines the Swedish art of massage and deep tissue massage for targeted relaxation. Arctic massage oil made from 100% vegetable oil contains antioxidant vitamin E and caring boreal algae with Icelandic knotweed.

Price for 120 minutes: 1 650 Kč

SPA & RELAX CENTRUM

## INTENSIVE MOISTURIZING SKIN RIVAL FORCE MARINE FOR MEN

Hydrating skin treatment suitable for every woman looking for a comprehensive treatment to restore optimal skin hydration. After the treatment, the skin is nourished and refreshed from the inside which leaves the skin shining with beauty. The treatment is suitable for all skin types.

### 1. Cleansing the skin with cleansing foam milk

- Even foam lotion effectively cleans and revitalizes the skin. It contains a seaweed complex that improves the absorption of active substances.

### 2. Skin regeneration with sea mist

- Application of water enriched with marine active substances, which hydrates the skin activating cell renewal and giving the skin energy.

### 3. Peeling with sea crystals

- Refreshing skin peeling cleans, hydrates and soothes the skin.

### 4. Face and neck massage

- Massage with an extremely soft cream rich in minerals, leaving the skin balanced and perfectly hydrated after the massage.

### 5. Application of the cleansing mask

- Cleansing and moisturizing mask designed to treat male skin. It contains 2 algae that help regulate sebum production, regulate skin shine and pore enlargement. It hydrates the skin stressed by shaving and repairs it by stimulating the cellular mechanism.

### 6. Final treatment

- Application of regenerating skin cream with seaweed, which gives the skin energy and a youthful appearance. It fights cellular stress, promotes cell renewal and fights against the appearance of the first wrinkles.

Price for 60 minutes: 1 500 Kč

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