DEGENIJA

BOUTIQUE HOTEL & SPA

PLITVICE LAKES, CROATIA

BODY MASSAGE

RELAX/DEEP TISSUE

Masaža koja individualnim pristupom kombinira tehnike i fluidne pokrete sa snažnim ali prilagođenim pritiskom. Vodi do fizičkog olakšanja ali i duboke unutarnje opuštenosti.

/A massage that combines techniques and fluid movements with strong but adapted pressure, with an individual approach. Leads to physical relief but also deep inner relaxation.

Parcijalno/*Partial* **45' = 60€** **60' = 80€** Cijelo tijelo/*Whole body* **90' = 110€**

FACIAL MANUAL THERAPY

MYOLIFTING FACE MASSAGE 90' = 150€

Individualan rad na licu koji uključuje više regija tijela kako bi se postigao holistički učinak, ravnoteža mišića i prirodna harmonija lica. Metoda radi na vezivnom tkivu, relaksaciji, limfodrenaži, mišićima, dermi i periorbitalnoj zoni.

/ Individual facial work involving multiple regions of the body to achieve holistic effect, muscle balance and natural harmony of the face. The method works on connective tissue, relaxation, lymph drainage, muscles, dermis and periorbital zone.

BUCCAL RELEASE 60' = 120€

Bukalna masaža lica je specifična tehnika koja djeluje na duboke mišiće lica kroz unutarnju i vanjsku masažu - masaža iz unutrašnjosti usne šupljine (s rukavicama). Poboljšava mišićni tonus i elastičnost kože, podržava protok limfe i oslobađa duboke fizičke i emocionalne napetosti kroz rad sa fascijom. Prije svakog tretmana kroz razgovor i stanje analiziram potrebe individue.

/ Buccal facial massage is a specific technique that works on the deep facial muscles through internal and external massage - massage from the inside of the oral cavity (with gloves).
Improves muscle tone and skin elasticity, supports lymph flow and releases deep physical and emotional tension through working with the fascia. Before each treatment, therapist analyze the needs of the individual through conversation and condition.

*Sve masaže izvode se kvalitetnim i prirodnim baznim i eteričnim uljima, profesionalnom kozmetikom i terapijskim kremama prema individualnoj potrebi.
*/ *All massages are performed with quality and natural base and essential oils, professional cosmetics and therapeutic creams according to individual needs.*