



## Tariffs 2022

30'	50 €
60'	90 €
90'	160 €

### *Therapeutic massage*

*Therapeutic massages are used to improve circulatory function and relieve stress, pain and negative moods by stimulating the organic production of endorphins. The therapeutic massage is useful for low back pain, sciatica and functional recovery.*

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### *Chiromassage*

*The chiromassage is used to detect and treat problems in the muscles, ligaments and tendons in the soft tissues of the body. Regular body massage can release emotional tension and promote the physical health.*

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### *The technique of the sports massage*

*It is suitable for both sports fans and professionals, and aims to prepare and restore the muscles. In addition to improving blood circulation, sports massage helps eliminate toxins in the muscles and prevent injuries.*

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### *Shiatsu*

*Shiatsu is a Japanese alternative medicine that combines different traditional techniques with the physiological and anatomical knowledge of Western medicine. Treatments usually include stretching, joint mobilizations among other techniques that activate the self-healing of the human body.*

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### *Massages during pregnancy*

*Massages during pregnancy are greatly beneficial as they help to relax the body, improve circulation as well as the lymphatic system. It also works to eliminate toxins, increase elasticity, and soothe muscle and joint pain. They are also useful to relieve back pain, so common in pregnancy, caused by poor posture, and to strengthen muscles and tissues. All this will make the woman decrease her stress levels and therefore she will be able to rest more relaxed.*

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