

3 DAY - HEALTH AND ENERGY SPA PROGRAM

The program comprises rejuvenating procedures, cell regeneration therapies, and therapies to release tension and restore the body's delayed functions.

- ❖ Reduction of muscle spasms and pain.
- ❖ Restoration of body energy and strength
- ❖ Strengthening the immune system and general improvement of well-being.
- ❖ Relief from everyday stress.

DAY 1

Back and Leg Massage with horse chestnut and arnica gel 30 min - a combination of the herbs horse chestnut, arnica, rosemary, mint, menthol, and camphor. Effective for pain relief in diseases of the musculoskeletal system. Helps with sore muscles after exercise.

Aroma massage 30 min. - Relaxing massage with essential and herbal oils that have a refreshing and toning effect on the muscles and body.

DAY 2

Thai foot massage 30 min - a holistic healing foot massage that provides relaxation balance in the various body systems and improves blood circulation.

DAY 3

Eastern 30 min- Massage the back with warm herbal oil, which strengthens the immune system and helps to remove toxins.

Head massage 20 min – relieves stress and tension with special scalp massage techniques.

Total price: ~~210 BGN~~ - **169 BGN**

3 DAY - RESTORING SPA PROGRAM

Suppose you often get sick and feel tired. In that case, this program will help you strengthen your immunity and improve your physical condition.

DAY 1

Aroma massage 40 min - Relaxing massage with essential and herbal oils that have a refreshing and toning effect.

Reflex foot massage 20 min - Therapeutic foot massage that provides relaxation balance in the body's various systems.

DAY 2

Therapeutic massage of the whole body - 50 min- This is an exceptional way to relax the body, mind, and soul.

Body wrap with micronized algae and herbal face mask - 30 min - therapy with an intense remineralizing, antioxidant, and detoxifying effect.

DAY 3

Back and head massage 30 min– this massage relieves stress and tension with special scalp massage techniques.

Mud application 30 min - with mineral-rich mud, this therapy is ideal for reducing rheumatic and arthritic pain and enhances detoxification and beauty.

Total price: ~~413 BGN~~ - **339 BGN**