



Buckwheat massage

Buckwheat massage or packs of warm buckwheat as a compress were used already in the ancient Russia. Witchdoctors and healers used hot healing herbs with buckwheat to cure different illnesses from a cold and maxillary sinusitis to arthritis. Buckwheat is used also as an anti-depressant: nothing comes close to the aroma of warm buckwheat, it calms you down, creates a feeling of cosiness and safety. It is particularly good in winter when the weather outside is grey and the sky is covered with leaden clouds.

this massage technique is recommended for treating metabolic disturbances - the circulation of blood in the muscles and internal organs is improved, draining lactic acid, organic acids, wastes from degradation processes; reduces accumulation of fat; activates various biological stimulators - hormones, vitamins, enzymes, improves metabolism, cleanses tissues and last but not least, ensures the desired healing effect.

The ideal treatment for restoring the flexibility of the skin and strengthening the muscle toning. And in wintertime there is nothing better against depression.

Price: 35 LVL (90 min)