



Lymphatic drainage massage

Feeling good depends on the functioning of the main systems in your body, first and foremost the lymphatic system, which just like to blood circulation system penetrates all the tissues. The lymph (white fluid) receives drained toxins, viruses, cell breakdown wastes.

Unfortunately the lymphatic system is rather vulnerable. As years go by and as a result of various illnesses, unhealthy food and lifestyle, smoking and stress the circulation of the lymph slows down. As a result of poor functioning of the cleansing system toxins accumulate in the tissues. The consequences - eye bags and easy bruising, unhealthy face colour, puffiness, cellulitis.

In such cases a lymphatic drainage massage is most efficient. It relieves lymphatic vessels that allow delivering the end-products of degrading processes to their point of disposal, also harmonises, and restores overall balance in the functioning of body organs.

Our offered lymphatic drainage massage is actually a combination of the Spanish and classic massages. It is a set of sophisticated techniques creatively combined by the massage therapist. Each client gets his/her own exclusive show. Visually the lymphatic drainage massage reminds of a sophisticated dance routine. While the dancer himself compares this treatment with the work of an artist. The massage therapist just like a painter having a rich palette of moves in each of the techniques and he applies them to the body just like a painter applies his paints on the canvas. Seemingly only graceful, plastic strokes are used, however, it is a deep massage. Complete relaxing of the muscles brings surprising results. The Spanish technique is considered to be a unique one: stable results are achieved in a short period of time, active impact is made on the biological ageing processes of the skin. The tense muscles are relieved from tension, the skin becomes visibly firmer, the "orange-peel" effect disappears. For those using the Spanish massage as a way of losing weight no problems arise with skinfolds or loose skin hanging down.

Price: 28 LVL (70 min)