

## DETOXIFYING MASSAGE

THIS TREATMENT AIMS TO SUPPORT THE BODY'S NATURAL DETOXIFICATION PROCESSES BY STIMULATING THE LYMPHATIC SYSTEM. GENTLE, LYMPHATIC-FLOW-ENHANCING MOVEMENTS COMBINED WITH SPECIALLY DEVELOPED PHYT'S BODY OIL HELP IMPROVE IMMUNE FUNCTION, FLUSH OUT TOXINS, AND REDUCE SWELLING.

**RECOMMENDED FOR:** LYMPHATIC CIRCULATION ISSUES, FATIGUE, WATER RETENTION, AND GENERAL DETOX NEEDS.

	50 MINUTES	80 MINUTES	110 MINUTES
TREATMENT OPTION	BODY MASSAGE: <b>37.500 HUF</b>	BODY MASSAGE: <b>57.500 HUF</b> OR 50-MINUTE BODY MASSAGE + 30-MINUTE FACIAL MASSAGE: <b>67.500 HUF</b>	BODY MASSAGE + 30-MINUTE FACIAL MASSAGE: <b>87.500 HUF</b>

PLEASE, CONTACT US TO CREATE A PERSONALIZED TREATMENT  
TAILORED TO YOUR INDIVIDUAL NEEDS!



### IMPORTANT INFORMATION REGARDING MASSAGE APPOINTMENTS

PLEASE ARRIVE AT LEAST **5 MINUTES BEFORE** YOUR SCHEDULED APPOINTMENT.  
BEFORE THE TREATMENT BEGINS, YOU WILL BE ASKED TO READ AND SIGN AN **INFORMED  
CONSENT FORM**. IN CASE OF LATE ARRIVAL, WE CANNOT GUARANTEE THE FULL TREATMENT TIME.

#### CANCELLATION POLICY:

APPOINTMENTS CAN BE CANCELLED FREE OF CHARGE  
**UNTIL 4:00 PM THE DAY BEFORE** THE SCHEDULED TIME.  
FOR CANCELLATIONS MADE **AFTER 4:00 PM**, 50% OF THE TREATMENT FEE WILL BE CHARGED.  
IN CASE OF **NO-SHOW**, THE **FULL TREATMENT PRICE** MUST BE PAID.

THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING!



## SPA MENU

HEALTH AND INNER BALANCE

OUR FACIAL AND BODY MESSAGES COMBINE HEALTHY SKINCARE WITH PROFESSIONALLY APPLIED MESSAGE TECHNIQUES TO OFFER YOU A COMPLETE, HOLISTIC EXPERIENCE! WE FIRMLY BELIEVE THAT NATURAL AND ORGANIC INGREDIENTS NOURISH OUR BODY AND HEALTH, WHICH IS WHY WE USE ONLY PREMIUM, CERTIFIED ORGANIC PRODUCTS.

# FACIAL MASSAGE

PERFORMED WITH **PHYT'S PRODUCTS**, WHICH ARE COSMEBIO AND ECOCERT CERTIFIED,  
MADE FROM 100% ORGANIC AND NATURAL INGREDIENTS.

AS A COMPLEMENT TO OUR BODY TREATMENTS, WE RECOMMEND OUR  
**30-MINUTE PHYT'S FACIAL**, WHICH INCLUDES:

- GENTLE FACIAL CLEANSING WITH MILK AND TONER
- APPLICATION OF AN ACTIVE INGREDIENT CONCENTRATE  
ACCORDING TO THE SKIN'S NEEDS
- FACIAL MASSAGE WITH A SERUM SUITABLE FOR THE SKIN TYPE

# BODY MESSAGES

USING **ORGANIC RED GRAPE SEED OIL** OR  
**ORGANIC HEMP AND OLIVE OIL**,  
WHICH NOURISH THE SKIN, MAKING IT SUPPLE AND REVITALIZED,  
WHILE THE MANUAL TECHNIQUES TONE THE MUSCLES.

# REVITALIZING MASSAGE

THIS MASSAGE TECHNIQUE REACHES THE DEEPER MUSCLE LAYERS, ENHANCING  
JOINT MOBILITY AND STIMULATING BLOOD CIRCULATION IN THE TISSUES.  
IT EFFECTIVELY RELIEVES ACCUMULATED TENSION IN THE BODY, PROMOTING  
BOTH PHYSICAL AND MENTAL REFRESHMENT.

**RECOMMENDED FOR:** INTENSE MUSCLE USE, STRESSFUL LIFESTYLES,  
OR MUSCULOSKELETAL ISSUES.

	50 MINUTES	80 MINUTES
TREATMENT OPTIONS	FULL BODY MASSAGE: <b>37.500 HUF</b> OR 20-MINUTE BODY MASSAGE + 30-MINUTE FACIAL MASSAGE: <b>47.500 HUF</b>	FULL BODY MASSAGE: <b>57.500 HUF</b> OR 50-MINUTE BODY MASSAGE + 30-MINUTE FACIAL MASSAGE: <b>67.500 HUF</b>

# REGENERATING MASSAGE

THIS TREATMENT STIMULATES THE BODY'S SELF-HEALING MECHANISMS  
THROUGH THE REFLEX ZONES OF THE FEET, HELPING RESTORE INNER BALANCE.  
THE ACTIVATION OF REFLEX POINTS IS FOLLOWED BY A SLOW, DEEP BODY  
MASSAGE THAT SUPPORTS BOTH PHYSICAL AND MENTAL REGENERATION.

**RECOMMENDED FOR:** EXHAUSTION, FATIGUE, STRESS, OR WHEN IN NEED  
OF RESTORING NATURAL BALANCE.

	50 MINUTES	80 MINUTES	110 MINUTES
TREATMENT OPTIONS	25-MINUTE BACK MASSAGE + 25-MINUTE FOOT REFLEXOLOGY: <b>37.500 HUF</b> OR 20-MINUTE FOOT REFLEXOLOGY + 30-MINUTE FACIAL MASSAGE: <b>47.500 HUF</b>	50-MINUTE BODY MASSAGE + 30-MINUTE FOOT REFLEXOLOGY: <b>57.500 HUF</b> OR 25-MINUTE BACK MASSAGE + 25-MINUTE FOOT REFLEXOLOGY + 30-MINUTE FACIAL MASSAGE: <b>67.500 HUF</b>	50-MINUTE BODY MASSAGE + 30-MINUTE FOOT REFLEXOLOGY + 30-MINUTE FACIAL MASSAGE: <b>87.500 HUF</b>

# BALANCING MASSAGE

COMPLEMENTING THE BODY TREATMENT, THE FOCUS SHIFTS TO ABDOMINAL MASSAGE,  
DURING WHICH SPECIAL ATTENTION IS GIVEN TO THE BELLY AREA, TAKING INTO  
ACCOUNT ANY EXISTING SCARS, SENSITIVE SPOTS, AND INDIVIDUAL CONDITIONS. THE  
TREATMENT MAY HAVE A POSITIVE EFFECT ON DIGESTIVE FUNCTIONS, HELP RELIEVE  
ABDOMINAL TENSION, AND SUPPORT THE IMPROVEMENT OF CORE MUSCLE TONE.

**RECOMMENDED FOR:** DIGESTIVE ISSUES, ABDOMINAL DISCOMFORT,  
OR INNER IMBALANCE.

**IMPORTANT:** FOR BEST RESULTS, PLEASE AVOID EATING AT LEAST  
2 HOURS BEFORE THE MASSAGE.

	50 MINUTES	80 MINUTES
TREATMENT OPTIONS	BODY AND ABDOMINAL MASSAGE: <b>37.500 HUF</b>	BODY AND ABDOMINAL MASSAGE: <b>57.500 HUF</b> OR 50-MINUTE BODY AND ABDOMINAL MASSAGE + 30-MINUTE FACIAL MASSAGE: <b>67.500 HUF</b>