



## **HYDRASPA – SPA & ALTERNATIVE HOLISTIC THERAPIES CENTER**

Massage Services: In Hydraspa we have multiyear experience and education in spa services and holistic therapies.

### **RELAXING TREATMENTS: Travel to the world of relaxation!**

- **Aromatherapy Massage** | Holistic massage according the rules of Aromatherapy. The therapeutic characteristics of the essential oils, through a gentle massage treatment, benefits the body and mind, offering tranquility and wellness emotions. The essentials oils we use are certified Bio organic.
- **Head n Neck Massage** | A technique that offers you immediate stress relief, especially oh head and back neck area.

### **DELUXE TREATMENTS: The most luxurious treatments, according our spa experience all over the world.**

- **Gold & Amber Massage** | Let yourself go to the precious characteristics of Gold and Amber. The ancient beauty and revitalization secret, is here to be shared with you.
- **Lymph Massage** | Lymph massage helps to drain the toxins of the body, decrease the swelling, helps with the cellulite and slimming.

### **RITUAL TREATMENTS: Traditional techniques with a ritual dimension.**

- **Ayurvedic Massage** | Traditional Ayurvedic massage, known as «Abhyangamm», with use of special hot essential oils. Works in muscle and energy fields, opening the channels (chakras).Is called and Yoga massage.

### **SPA WELLNESS TREATMENTS**

- **JACUZZI** | The use of water as a treatment is known from the ancient years and still is in use and help the body to overcome many problems. Jacuzzis use hydro massage to stimulate muscles.
- **SALT CAVE** | Crystal Cave is a unique room built by Himalayan salt. In the Cave there is a special micro climate where are developed beneficent characteristics of salt therapy, helping to strengthen the body and improve wellness. In the Salt Cave marble hot beds energize the body and the metabolism. Helps to improve immunity system, healthier cardio, calories loss, weight balance, antiaging actions and more. You can enjoy a selection of special herbal drinks and relax in the Crystal Cave.

- **Sauna And Hammam Steam Shower** | High temperature provoke sweating and had many benefits for the body and the health of skin. Sauna and Steam Shower can improve the immunity system, relax joints – muscular and soothe pains, flush toxins, relieve stress, induce a better sleep, cleanse the skin and many other benefits

### **WELLNESS BEAUTY FACE TREATMENTS**

- **Face Hydra** | Face skin cleansing, bio scrub, face mask, hydration and face massage. All products are certified organic.
- **Express Facial** | Face skin cleansing, bio scrub, face mask, hydration. All products are certified organic.
- **Gua Sha** | The traditional Chinese practice, which all celebrities has as a secret. Special shaped Jade stones, regenerate your skin and gift to you shine and beauty!

### **WELLNESS BEAUTY BODY TREATMENTS**

- **Body Bio Scrub** | Bio scrub and hydration. All our products are bio certified.