

## Thai Treatments

### Traditional Thai Massage

This massage originated in India over 2500 years ago. It is a deep tissue massage. The theoretical basis for this style of bodywork is the existence of the “energy body” which includes energy lines, through which life force flows. Through compressions, pressure on specific points and stretches to release blockages, a free flow of energy is restored. This massage is not using oil or lotion. The massage is a blend acupressure, energy work and gentle yoga stretches. Benefits from a session include: releasing tight joints, stretching muscles, increasing range of motion, and reducing stress.

60 min 799 CZK | 90 min 1199 CZK | 120 min 1599 CZK

### Back and Head Massage

It removes pain and stiff from back, shoulders and head. The therapy vitalizes those upper body and it transfers entire physical system. It is quite strong and straitening without using oil.

30 min 399 CZK | 60 min 799 CZK

### Thai Relaxing Oil Massage

This is a combination of traditional Thai and natural relaxing massage. It is gentle and good for any physical disorder and pain. We start from back of feet up to back, let energy freely move around the body and we use top quality oils according to body's situation which nourish your skin.

60 min 899 CZK | 90 min 1350 CZK | 120 min 1699 CZK

### Thai Herbal Massage

This is a very popular health care method in many countries in Asia. It addresses specific area problems such as knots which are caused by low body temperature, poor circulation and cold environment for instance. We use small hot herbal packets combined with a gentle massage.

60 min 1099 CZK | 90 min 1499 CZK | 120 min 1799 CZK

### Hot Stone Massage

Hot stone massage is an ancient way of healing problematic areas such as lower back and upper back pain. It is similar as herbal massage but this treatment polishes skin with hot stones (in medical oil) and puts stones in the line of same places for 2–3 minutes where nerves and energy flow. It releases the pain, stiffness.

60 min 1099 CZK | 90 min 1499 CZK | 120 min 1799 CZK

## Indian Treatments

### Ayurvedic Massage

These massage techniques form a part of Ayurveda – the ancient (more than 5000 year old) Indian system of mind-body medicine that aims to reestablish the body's natural balance by restoring and preserving physical, emotional and spiritual health. Ayurvedic massage focuses on balancing and promoting the flow of life energy through the body by manipulation of the body's energy centers. Like other forms of massage, Ayurvedic massage also promotes blood and lymphatic circulation, releasing stiffness and stimulating the function of the internal organs.

60 min 899 CZK | 90 min 1350 CZK | 120 min 1699 CZK

### Back Massage

Back is very important from the rest of body which carries signals from brain to external and internal organs. Meanly both mental or physical works are created by back and it causes back suffering. This technique unblocks blood channels and restores healthy muscles on the back.

30 min 449 CZK | 60 min 899 CZK

### Head Massage

It restores energy back to the head and reduces any kind of head diseases such as migraines. It is good for eyes and nasal area. We use Ayurvedic hair oil which stimulates hair, fights with dandruff.

30 min 449 CZK

### Ayurvedic FOUR Hands Massage

**This is the most relaxing and pleasant treatment. Two therapists work together to unblock vessels and tendon knots while opening energetic channels. You can feel unlimited pleasure or unique motion which you have never experienced.**

60 min 1699 CZK

### Upper Back, Shoulders, Neck and Head

This treatment releases tension from upper back and shoulders, helps against exhaustion, head and neck ache. It is also good for releasing stress and tiredness after long time sitting and working.

30 min 449 CZK | 60 min 899 CZK

## Tibetan Treatments

### Tibetan Massage

Tibetan massage (Ku-nye) is one of the most ancient therapies. It is a very practical and effective method to restore the energy and keep the body in balance. This massage is popularly used in Tibet by medical professionals in both urban and remote areas. A proper massage technique helps many physical and psychological problems whether they are caused by various physical disturbances or daily stress. It can be either strong or gentle based on client's needs.

60 min 899 CZK | 90 min 1350 CZK | 120 min 1699 CZK

### Back, Neck, Shoulders and Head Massage

These areas are connected with nervous system. The treatment helps releasing tensions and strains. It removes fatigue and exhaustion after work or travelling. We knead and gently press points which are directly connected with hands, stomach, throat and adrenal gland. It will bring soothing calmness which prevents stress and emotional problems.

30 min 449 CZK | 60 min 899 CZK

### Tibetan Digestive Massage

The treatment is an ancient Tibetan healing system to provide solar energy for digestion and abdominal areas as kidneys, liver, intestines and stomach. We use very gentle massage with combination of Reiki and pressure points which are connected with digestions. The therapy is very healthy and beneficial particularly after the age of 45.

45 min 900 CZK | 60 min 1150 CZK

### Tibetan Pressure Points Massage

The Tibetan pressure points is an ancient art of healing which uses special finger pressure on the body's reflex points to awake a person's self-curative abilities. When these reflex points are activated, blood circulation and the body's life force are stimulated to aid healing. As the body's healing energies realign, the energy can better flow to correct ailments and alleviate tension and stress. This is an effective way of relaxing and achieving balance in a calm and soothing environment.

30 min 600 CZK | 60 min 1100 CZK | 90 min 1700 CZK

### Lower Back, Legs and Feet

This treatment focuses on the lower back area, hipps, thighs and calfs. It helps for the blood circulation and releases tension after travelling or walking.

30 min 449 CZK | 60 min 899 CZK

## Tibetan Treatments

### Anti Stress Massage

The therapy focuses on lower feet, hands, neck, shoulders, upper back and head – areas which are connected with nervous and energetic systems. It reduces swelling and stiffness. It also promotes energy for both internal and external body – including soul and mental states.

45 min 900 CZK | 60 min 1100 CZK

## Other Treatments

### Facial Massage with Mask

This is a very relaxing massage, good for eyes, ears and nose. It also works to prevent headaches. We use medical oil and mask which are not only nourishing surface of skin but go beneath the skin. It joins with blood stream and releases toxins from the face. The treatment is a popular method of relaxing and skin care for many women from ancient time till present.

60 min 990 CZK

### Facial Oil Cleansing

It purifies and rebalances natural oils on the face. It is gentle and relaxing. After massage we steam facial skin in an effective way to release dead cells, skin and pimples etc. It is good for eyes, nose and ears as well.

30 min 500 CZK

### Foot Reflexology

Foot reflexology helps to cure internal organs and physical problems. Pressure points on the specific areas of feet correspond with every part of the body. It promotes comfortable sleep, general wellness, pleasure and improves blood circulation.

30 min 399 CZK | 60 min 799 CZK | 90 min 1199 CZK

### Prenatal Massage

The treatment helps lower back, neck pain and chronic headaches. It promotes revitalization and reduces swelling from back, neck, shoulders and nourishes abdominal muscles. It also benefits blood circulation, solar system and mental state which makes the easier delivery and is good for the baby.

45 min 800 CZK | 60 min 899 CZK

## Special Offer – Lhamo Massage

This treatment is a combination of Indian and Tibetan massage. Its aim is a complete relaxation and detoxification. We choose the top techniques from the two ancient massage traditions which recharge the body and built healthy muscles. It is a holistic treatment which clarifies mental and physical states. We massage head to feet including face with high quality of oil which is called Shugnum.

120 min 1999 CZK

## Wellness Packages

Sauna, jacuzzi 60 min – Thai massage 60 min 1099 CZK

Sauna, jacuzzi 60 min – Thai oil massage 60 min 1199 CZK

Sauna, jacuzzi 60 min – Indian massage 60 min 1199 CZK

Sauna, jacuzzi 60 min – Tibetan massage 60 min 1199 CZK

## MAJESTIC PLAZA PRAGUE

Štěpánská 33, Praha 1 – 110 00

## Hotel ÉLITE

Ostrovní 32, Praha 1 – 110 00

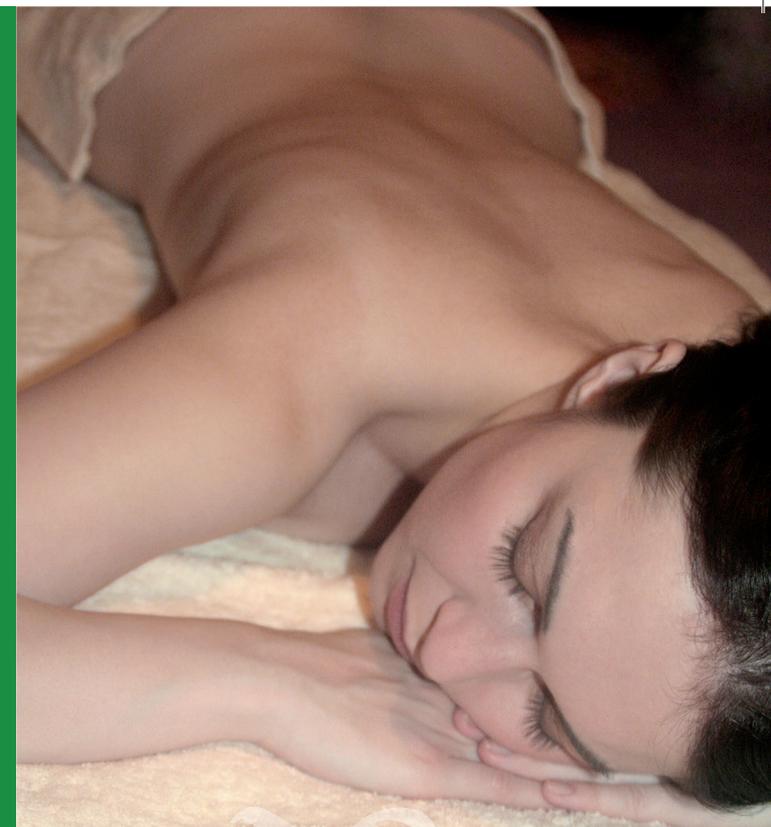
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Opening hours: 9 a.m. – 10 p.m.

Lhamo Spa



# MASSAGE

*Thai, Indian & Tibetan*

Lhamo Spa