

MASSAGE OFFER

TIP



DRY MASSAGE

Lie down, close your eyes and let the waves of relaxation carry you away

Massage on a special heated „water bed“, where only the hips, neck, legs or the whole body are massaged by a precisely controlled water stream through a thin membrane. The massage increases the overall blood circulation and reduces muscle tension. Massage can also contribute to faster tissue regeneration.

The client is dressed in his/her own comfortable clothes during the massage

THERAPEUTIC BENEFITS

- Increases overall blood circulation and improves homeostasis
- Reduces muscle tension
- Helps improve oxygen absorption in the vascular system
- Reduces the level of toxic substances in the muscles and thus contributes to faster recovery
- Increases endorphin release and improves psychological well-being
- Lowers blood pressure
- has a positive effect on the circulatory system
- Helps increase joint mobility and flexibility

Indications:

- Back and joint pain
- Muscle tension
- Cervical spine, thoracic spine and lumbar disc syndrome
- Cervical migraine
- Muscle imbalances and fatigue
- Vegetative dystonia
- Stress pathologies and states of exhaustion
- Minor forms of fibromyalgia
- Rheumatic diseases
- Symptoms of venous and lymphatic congestion

Contraindications:

In case you have completely fresh deeper wounds and scars on your body, in any acute disease, in painful blockage of vertebral bodies with reactive overstrain of muscles, in spinal diseases with increased inflammatory parameters, in inflammatory pain of systemic joints and in cases of scoliosis of higher degree, in painful overstrain of muscles with additional myogelosis, in postoperative spinal conditions and fractures (at least 10 weeks), in postoperative endoprosthesis conditions (at least 8 weeks after surgery), in neurological diseases with motor and sensory deficits, in cases of hematomas in the massage area and any infection on the body, in cases of functional spinal disorders with medication, blood clotting disorder, chronic polyarthritis and suspected venous inflammation and thrombosis.