

## MASSAGES ON TABLE



*Californian Massage – A deep, relaxing and protecting regenerating massage which heals mind and body.*



*Swedish Massage – Using a variety of techniques such as percussion, kneading, vibration, tapping and rolling, Swedish massage helps loosening up tight muscles.*



*Ayurvedic Birenda – Energetic, detoxifying and regulating massage, Ayurvedic Birenda harmonizes the vital energy centers of the body, the Chakras, junction points between the material and the consciousness.*



*Reflexology Foot Massage – Works on the feet with pressure to promote relaxation and health.*



*Deep Tissue – Targets the inner layers of your muscles and connective tissues to to treat musculoskeletal issues, such as strains and sports injuries.*

## MASSAGE ON FUTON



*Traditional Thai Massage with Hands – Uses gentle pressure and stretching techniques to relax the whole body, lower stress, and increase energy.*



*Traditional Thai Massage with Feet - A barefoot massage technique that requires the therapist to use their feet instead of their hands to perform the massage, restoring the body's flexibility and improving range of motion.*



*Wùo Tai – Blending dance and osteopathy, Wùo Tai targets all connective tissues, organs, and joints.*



*Biodynamic – Using the warmth this deep relaxing session technic will help you to feel freed in your body and mind.*