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GRAND HOTEL

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EASTERN THERAPIES

CHINESE ACUPRESSURE MASSAGE

FULL BODY MASSAGE

50 MIN

80 BGN

PARTIAL MASSAGE

30 MIN

60 BGN

- Combines classical methods in combination with pressure on biologically active points on the body to eliminate energy blockages and muscle stiffness and inflammation
- Relieves the pain in the neck, back and lower back area
- Balances energy levels and removes toxins from the body
- Significantly improves the healing process of the body

REFLEXOLOGY ON THE FEET/HEAD/HANDS

30 MIN

60 BGN

- Massage and stimulation of acupressure points and reflexogene zones
Prophylactic and general strengthening action
- Regulates the functions of body organs and different organ systems
- Head massage improves sleep, relaxes the nervous system, relieves headaches
- Feet/hands massage improves blood circulation, detoxifies the body and improves metabolism

JAPANESE MASSAGE (SAIONJI STYLE)

50 MIN

100 BGN

- A therapeutic method for healing both the energy of the body and the physical body with the help of stroking, pressure, kneading, and correcting displacements in the bone system. It is performed on the ground with appropriate clothing (cotton t-shirt, long pants, socks)
- Returns the original symmetry in the stand
- Normalizes the hip and spine
- Mobilizes vital healing powers / Tones and rejuvenates the body

REIKI – HARMONIZATION

45 MIN

90 BGN

- This Japanese system works with universal energy by manipulating the energy centers of the physical and aural human bodies
- Seals the energy field
- Clears the stagnant energy
- Balances emotions and harmonizes body and mind



BUY ANY 5 EASTERN THERAPIES AND GET 1 REFLEXOLOGY FREE!



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